

# YWCA IS ON A MISSION

## APRIL 2019 – Fitness Events

(Also available on website)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 IS: Swim Your Way Thing (4/3 – 4/24) (\$)	4	5	6 Class Time Change: 8:40am – 9:30am Aqua Boxing/Tabata
7 *Spartan Race! Pop-Up: 3:45pm Deep Stretch with Jane	8 Leah's final 6pm Yoga II/III Class	9 Class Time Change: 11:30am – 12pm Spin  NEW Class: 12:10pm – 12:40pm Pilates	10 Registration Closes for Underwater Egg Hunt! 6:30pm Fitness Orientation	11	12 Underwater Easter Egg Hunt! (\$)	13 10:30am Cardio Strength in the IS Gym due to event in MP Room
14	15 Spring Swim Clinic Starts! (\$) (4/5 – 5/16)  Welcome new instructor Elisabeth 6pm Yoga II/III	16  <u>Cancelled Today:</u> 11:30am Spin 12:10pm Pilates 5pm Aqua Tabata	17 6:30pm Fitness Orientation	18	19 Good Friday *Regular Gym Hours *No Child Care *No Regular Classes *Offices Closed	20 IS: Beyond the Mat – “Happy Healthy Spine” (\$) 11:30am – 1pm
21  Happy Easter! Gym Closed	22	23	24 6:30pm Fitness Orientation	25 6:15pm HIIT Cancelled due to YWCA Event	26 YWCA Stand Against Racism (SAR) *Join us uptown!	27
28 Pop-Up: 3:45pm Deep Stretch with Jane	29 IS: YDub Tri Club – Crash Course into Triathlon Training (\$) (4/29 – 5/29)	30				IS = Industrial Strength  Updated 3/28/19

### APRIL HAPPENINGS

Visit the website for details on:

- **Class Time Change:** Saturday Aqua Boxing/Tabata 8:40am – 9:30am
- **Class Time Change:** Tuesday 10am Spin moves to 11:30am – 12pm
- **NEW Class:** Tuesday 12:10pm – 12:40pm Pilates
- **Class Removal:** Thursday 6:15pm HIIT
- Check out IS (Industrial Strength) programming above!
  - Visit <https://www.industrialstrengthfitness.com/classes> for descriptions and fee information.
- Underwater Easter Egg Hunt! (times and dates listed on the website) (\$)

### FITNESS ORIENTATIONS:

**NO** need to sign up.  
Meet in the **weight gym**.  
Youth ages 13-17 years needing orientation may come to this, too.

Wednesday, 4/10 @ 6:30pm  
Wednesday, 4/17 @ 6:30pm  
Wednesday, 4/24 @ 6:30pm